



# EVANGELICAL LUTHERAN CHURCH OF THE CROSS

**October Fearless Serving Month!**

**OCTOBER, 2015**

*Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross. Philippians 2:5-8*

One of the ways that we talk about the life of a Christian is by talking about *Faith Practices: Pray, Worship, Invite, Give, Invite, Study, Encourage... and SERVE.* During the month of October, we will be focusing on **Serving**.

Our theme is called *Fearless Serving* because it is often **FEAR** that stops us in doing what is right and good...

- Fear of failure or making mistakes...
- Fear of discomfort...
- Fear of not making a difference...
- Fear that it will just be too much...

I invite you into the inquiry into what stops you from serving and to explore the question, *How and where is God calling me to serve?*

First, the **how...** St. Paul tells us that we each are each given different spiritual gifts so that we may be a gift to the world in Jesus' name. *What are your spiritual gifts?* To help you discover and claim those, you are invited and encouraged to fill out the *Finding Your Spiritual Gifts* survey. (This is available by email or in hard copy in the Narthex). After identifying your gifts, the goal is to match your serving to your giftedness. This is when serving becomes the most fulfilling.

To match your giftedness to opportunities at Church of the Cross, we offer:

- **Time & Talent Form** - this lets the office know where you feel called to serve,
- **Ministry Festival** - this is an opportunity on **Oct. 25th** to talk to people involved in different ministries and groups and to get involved.

In addition to serving in the congregation, where else is God calling you to serve? At your school? At your work? In your neighborhood? In Calgary?

God is up to something in you!

In Christ's service,

*Pastor Paul*

October, 2015



## The Starfish Story

Once upon a time, there was an old man who used to go to the ocean to do his writing. He had a habit of walking on the beach every morning before he began his work. Early one morning, he was walking along the shore after a big storm had passed and found the vast beach littered with starfish as far as the eye could see, stretching in both directions.

Off in the distance, the old man noticed a small boy approaching. As the boy walked, he paused every so often and as he grew closer, the man could see that he was occasionally bending down to pick up an object and throw it into the sea. The boy came closer still and the man called out, "*Good morning! May I ask what it is that you are doing?*"

The young boy paused, looked up, and replied "*Throwing starfish into the ocean. The tide has washed them up onto the beach and they can't return to the sea by themselves,*" the youth replied. "*When the sun gets high, they will die, unless I throw them back into the water.*"

The old man replied, "*But there must be tens of thousands of starfish on this beach. I'm afraid you won't really be able to make much of a difference.*" The boy bent down, picked up yet another starfish and threw it as far as he could into the ocean. Then he turned, smiled and said, "*It made a difference to that one!*"

*adapted from [The Star Thrower](#), by Loren Eiseley (1907 - 1977)*

# A glance at October Ministry Happenings....



- Oct. 1— Soup Sisters—9:30 am
- Oct. 3 - Men's Breakfast—8 am  
Knitting for Peace—10:30 am  
Youth Event—TBA
- Oct. 7 - Sandwich Making—7:30 am
- Oct. 12 - Office Closed for Thanksgiving

- Oct. 13 - Prayer and Care—10:30 am (potluck lunch)
- Oct. 17 - Men's Breakfast—8 am
- Oct. 18 - Ladies Advent Tea planning Mtg.—following worship
- Oct. 24 - Southwestern Conference Convention—8 am—4:30 pm—delegates needed
- Oct. 25 - BLAST SHOWCASE—following worship—Reformation Sunday  
Ministry Fair—following worship  
FOOD BANK SUNDAY
- Oct. 27 - Prayer and Care—5:30 pm (potluck supper)  
Mentor Night for Confirmation—7 pm
- Oct. 30 - Youth Halloween Party—7—10 pm
- Oct. 31 - M & M Women's Group—10 am

**Morning Prayer**—Every morning at 9 am—Monday—Thursday.

**Choir**—Thursday evenings at 7 pm

**Faith Formation**—Tuesday evenings at 7 pm

**Youth Band**—Monday afternoons at 4:30 pm



## Evangelical Lutheran Church of the Cross

10620 Elbow Drive SW Calgary, AB  
[www.churchofthecross.ca](http://www.churchofthecross.ca)  
[churchofthecross@shaw.ca](mailto:churchofthecross@shaw.ca)  
 Pastors Laura & Phil Holck  
 403-255-4792

### Mission

Gathered by God to worship and grow.  
 Empowered by Spirit to love and care for each other  
 Living Christ's love by witnessing to all.

### Vision

To be a vibrant and growing congregation unified in sharing the love of Christ through words and actions.

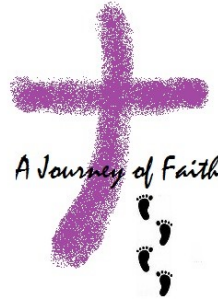


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# Faith Journey:

## *We are on the road of discipleship!*



Church is the place where we learn to share the story about Jesus and what it means to walk in his way.

Here this story becomes “*enfleshed*,” as we live out this story in our worship and work, this story becomes alive in us and spreads to our friends, neighbors, co-workers, and the world.

Here we are sustained by symbols, language, and rituals. We cling to them when the going gets rough.

Here we invite people into faith and encourage people to live out their faith more fully.

Whether you are unbaptized, newly baptized, or have been a church member for years, Faith Journey is a place for you.

Faith Journey is a time of inquiry, exploration, intense preparation, and ongoing baptismal living that will deepen your faith life and your connections to the faith community. In small groups, we will engage and explore the scriptures related to our worship each week, address the faith questions of the participants, partner with one another in prayer, share good food and fellowship, and learn to be Jesus’ disciples together. With friends in the faith, we will journey together toward a deeper, richer spiritual life.

Faith Journey is about so much more than membership. Faith Journey is a way for the church to come into radical realignment with the life and ministry of Jesus Christ. Faith Journey is about discipleship.

Faith Journey is offered twice weekly. You are invited to attend either or both.

### **Faith Journey comes with a caution: *God is at work. Lives may be changed.***

*If you have been hungering to accompany someone else in their journey of faith as a sponsor or friend, please contact Pastor Laura.*

## Faith Journey

### What is it?

Weekly scripture and conversation for the purpose of deepening faith and discipleship.

### How is it structured?

Disciples lead disciples in inquiry and exploration. YOUR questions and interests guide the content of short presentations and conversations.

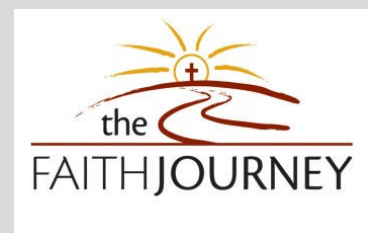
### When is it?

Sundays, 15 minutes after worship, beginning **October 11 & Tuesday evenings at 7**, beginning October 6. Faith Journey concludes on the Great Vigil of Easter, beginning in the fall and ending at Easter.

Sessions are about an hour and 15 minutes. If you have to miss the first session, that’s OK. You can begin any time in October, the sooner the better!

### Can anyone participate?

Faith Journey is designed for adult thinkers, so it is best suited for adults and young people at least in high school.





# Canadian Lutheran World Relief

## What can we do to help the world's refugees?

*In recent conversation with Tom Brook, Director of Communications for Canadian Lutheran World Relief, he offered this advice about how to help the world's refugees:*

We ask people to **Learn, Pray, Give**. Learn about the situation, pray for those affected and for the end to the causes of dislocation, and give financially to programs that support refugees. There can be all kinds of conflicting advice – sponsor refugees, provide assistance to Syrians in Europe, support in the Middle East,....Of course there is validity to all of these options. It's important for congregations and individuals to pray and discern what best fits their context.

CLWR has programmed \$9,000,000 to assist refugees and vulnerable Jordanians during this crisis. We are awaiting final signature on agreements for a further \$6,000,000 to provide for rehabilitation and construction of 70 schools in northern Jordan. Our approach has been to help resettle the 500,000+ Syrians who have fled to Jordan.

Finally, we cannot lose sight of the fact that the UN reports that more than 59 million people in the world are refugees or displaced from their homes due to conflict, famine, economic, and environmental disasters. Most of them never make the news and yet CLWR is active in these populations as well.

*God our refuge, we hold in heart and mind those who flee their homes and who seek safety in a new place. We cannot imagine the fear, the uncertainty, the discomfort of leaving what one has known to venture to the unknown, often with little or nothing in their possession. May we be filled with a spirit of compassion and grace to welcome with open arms those who come to us in need. Show us a way of hospitality, help us to be generous to all refugees and displaced persons; bring peace where there is turmoil. In the name of your dear Son, Jesus Christ, we pray. Amen.*

### **GIVE GENEROUSLY**

On September 12, the government of Canada announced it would match individual contributions for Syrian refugee programs dollar for dollar up to \$100 million, if given to registered charities working with the Syrian refugee crisis and if donated by December 31, 2015. The most effective way we know at the moment to help Syrian refugees is to give generously to the CLWR campaign to help the Syrian refugees. Give directly to CLWR and earmark your donation "Syrian Refugee Relief." Your donation will be matched by the Canadian government and you will be issued a tax receipt. Send a cheque made payable to CLWR, 600-177 Lombard Avenue, Winnipeg, MB R3B 0W5 or call 1.800.661.2597, 7:30 am – 3:30 pm MT.

Church of the Cross is also working with congregations across our conference to refugee sponsorship. If you are interested in this work, please contact Pastor Laura.



## Canadian Lutheran work in support of Syrian refugees – a fact sheet

- CLWR has been providing aid since 2012, mainly in the Za'atari refugee camp and in urban areas in northern Jordan where many refugees have settled.
- Nine million dollars have been programmed to date. Over 88,000 Syrian refugees and vulnerable Jordanians have been assisted. Past and current programs include:
  - Monthly food vouchers provided over six-month periods to over 4,800 families.
  - Renovations to shelters to insulate from cold winter weather and repairs to plumbing so that clean water and toilets are available. This benefitted over 700 families.
  - Essentials including clothing, heaters, hygiene kits (containing soap, toothpaste, diapers, etc.) and bed sheets and covers were distributed to over 6,100 families.
- Over \$300,000 worth of items including blankets, clothing, school kits, hygiene supplies and medical supplies have been donated by Lutherans from across Canada and sent to Jordan in *We Care* shipments.
  - A sweater drive in 2013 brought in over 80,000 sweaters donated by Canadian Lutherans and their communities.
  - Another shipment, including some of the remaining sweaters, will be loaded and dispatched at our Winnipeg warehouse on September 22 and 23.
- CLWR is a Sponsorship Agreement Holder with the Canadian government. We have submitted 124 applications to date to sponsor Syrian refugees on behalf of Canadian congregations and groups.



Canadian Lutheran  
World Relief

Creating a world where people live in justice, peace and dignity

1.800.661.2597 (CLWR)  
www.clwr.org  
clwr@clwr.mb.ca





## Snapshot



For Ibrahim Al-Haj, the choice was clear. Get away from Syria or stay and risk the lives of his children. He left a good job as an electrician and took his family to the outskirts of Al-Mafraq in Jordan.

They now live in a former chicken coop that costs him \$200 a month in rent with no services. The walls are still standing and ingenuity with cardboard, tin, plastic sheeting, and old blankets and rugs have made it livable. But his family, particularly the youngest children, suffers from the cold and is sick very often. They have no access to basic sanitation.

Thanks to the generosity of Canadian Lutherans and Canadian government support, the Al-Haj family became the recipients of heaters, rugs, food vouchers, and sanitation and housing structure upgrades.

### Interested in learning how to sponsor a refugee?

Visit [www.clwr.org/refugeeresettlement](http://www.clwr.org/refugeeresettlement) or contact Fikre Tsehai, CLWR's Development Manager for Refugee Resettlement, at 1.888.588.6686, or Jennifer Ardon, CLWR's Project Officer for Refugee Resettlement, at 1.888.255.0150.

**Donations to Syrian Refugee Relief can be made in the following ways (your donation will be matched by the Canadian government up to December 31, 2015):**

- Give online at <http://www.clwr.org/>
- Make a designated offering donation to Syrian refugee relief at any Lutheran congregation in Canada.
- Call 1.800.661.2597 or locally at 204.694.5602 (Monday to Friday, 8:30-4:30 CT)
- Send a cheque made payable to CLWR, 600-177 Lombard Avenue, Winnipeg, MB R3B 0W5.

**Canadian Lutheran World Relief**  
 Creating a world where people live in justice, peace and dignity  
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[clwr@clwr.mb.ca](mailto:clwr@clwr.mb.ca)

## CAUSE OF THE MONTH

### Bethany Care Calgary



In 1944, five members of evangelical Lutheran congregations in Alberta, raised \$10,000 to purchase 4.75-acres of property in West Hillhurst/Hounsfield Heights. The next year, Bethany Care Society was organized as a not-for-profit organization dedicated to building caring relationships with the residents and clients we serve. While the original building no longer stands, the legacy

of caring continues. Bethany offers continuing care, housing and support services that celebrate the independent spirit of seniors and persons with disabilities throughout central and southern Alberta.

Residents live in eight different 'neighborhoods' which are designed to meet different levels of resident care and accommodation needs. A feature of Bethany Calgary is the bright tropical atrium with a water feature and live trees. Currently, Bethany is home to more than 400 long term care residents. They provide specialized care and programs for residents with a range of needs, including younger adults with disabilities and individuals with complex dementia.

Several members of Church of the Cross have been residents there and we are proud to support the on-going care of residents there... be they Lutherans or not!

**You can donate!** Donations designated for "Cause of the Month" in October will enable Bethany to provide an enhanced quality of life for seniors and the disabled living in the communities we serve.

**You can volunteer!** Every Sunday, residents at Bethany gather at 2pm for a Christian worship service. During the month of October, Church of the Cross has agreed to provide volunteers to help transport residents to the worship, worship with them, and then return them to their rooms. You can help be a part of this ministry. In particular, on **Sunday, Oct. 11th**, we are particularly in need of volunteers to get them to the Thanksgiving Service on that Sunday afternoon. If you would like to volunteer, please sign up on the sheet in the Narthex or contact Georgina. Volunteers should arrive by 1pm at Bethany Care.



### Save the Date!!

Pictures for a new Pictorial Directory will be taken on **November 3—7.**

In October, we will have sign-up sheets at church and also someone will contact you if you haven't signed up at church.

### Prayer & Care

**Oct. 13—10:30  
am**

**Oct. 27—5:30 pm**

*(potluck meals at  
each)*





- Items needed for BLAST:**
- 4 L milk jugs (Nov.)
  - large puzzle pieces (Dec.)
  - Old Christmas cards (Dec.)
  - White wax (Dec.)
  - Large Scrapbooking sheets (Dec)
  - Clothes pins (Dec.)



**Haven't registered for BLAST yet????**

*Don't worry—there is still time to sign up!*

**Haven't registered for Confirmation yet???**

*Don't worry—there is still time!!!*

**Looking for a study???**

*Come out on Tuesday evenings at 7*



**BLAST** is our Sunday morning learning experience following worship where children, youth and adults get to experience a Bible story through art, drama, food, building & play.

## Coming in October

*Bible Story: The Saga of David*

**October BLAST Showcase**

**Sunday, October 25th**

All are invited to come and participate in the activities each week following worship. The congregation is especially invited to come and see completed projects at the BLAST Showcase on Sunday, October 25th. The **Showcase** will be in conjunction with the **Ministry Festival** which will be in the Fellowship Hall. The drama, *The Ballad of Dancin' Davey* will be presented in the Sanctuary during the Showcase.

## Upcoming Stories

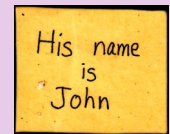
### October

The David Saga



### November

Jonah



## Volunteering with BLAST!

We are now looking for **volunteers** to help make BLAST happen! If you have a special skill or talent that you can share with the young people of the congregation or if there is something you have wanted to learn how to do – **NOW is the TIME!** Ask Jim, Doug, Lloyd, Eleanor, Anna, Jan and Marvin about their experiences. *(There are more volunteers out there I know!).*

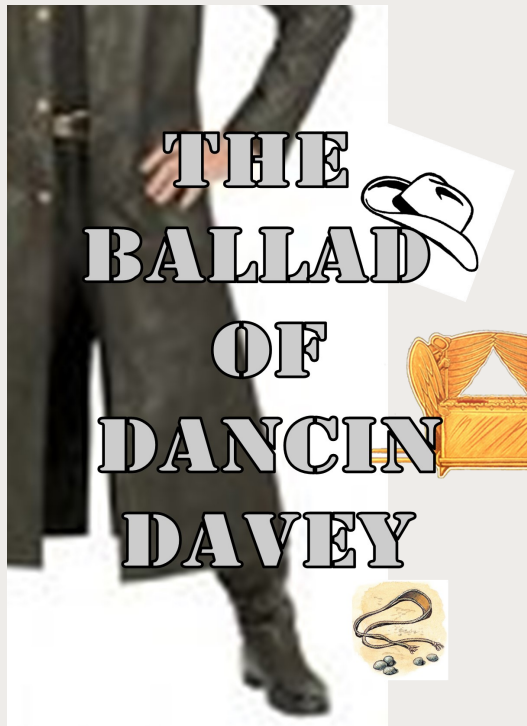
You could volunteer for one Sunday or more in a month. We are looking for **leaders** for each activity *(people who are prepared to teach and lead a group)* as well as **facilitators** *(people who are willing to help the children follow the leader and complete the task)*. There is no previous experience required but just a willingness to share your time and experience.

If you are interested please contact Kathy Bishop – [bishop4thomson@gmail.com](mailto:bishop4thomson@gmail.com) or let Dianne know at the office. Please check your calendar and let us know how you can help out!

# Reformation Sunday

Sunday, October 25th

## Ministry Festival



**AND**



**Showcase**

## FALL SUPPER

The Annual Fall supper will be happening on  
**Saturday November 7, 2015.**

Look for sign-up sheets and Ticket sales  
starting in mid-October.

Please contact **Kathy Bishop** if you would like  
further information – [bishop4thomson@gmail.com](mailto:bishop4thomson@gmail.com)



## HONOURING THE JOURNEY

*Join with Canadians across the country for celebration,  
fellowship and sharing the legacy. All are welcome.*

**Saturday, October 3, 2015**  
2-4 p.m.  
Hope Lutheran Church,  
3527 Boulton Road NW,  
Calgary, AB

For more  
information, please  
contact Daranne  
Harris at [daranne.harris@gmail.com](mailto:daranne.harris@gmail.com)

*Did you arrive in Canada as a refugee or an immigrant? Did you receive help from CLWR when you were seeking a new home in Canada? Have you been involved in welcoming people to Canada? We'd like to hear from you!*



Canadian Lutheran  
World Relief

[www.clwr.org/Beaverbrae2015](http://www.clwr.org/Beaverbrae2015)



**“Knitting for Peace”** will meet the **1st Saturday of each month from 10:30 to noon**. All levels of knitting skills welcome. Please bring your needles, any project you might have on the go and ideas for what you would like to knit this year. Wool is available at the church. Last year the group made mittens, scarves, hats and blanket squares for local charities. Come and enjoy a morning of fellowship while knitting for those less



*Tea Party*

### Women's Advent Tea - A Sacred Season

Save the date for the Women's Advent Tea to be held **Saturday, December 12** in the narthex. Women of all ages and confirmation age young women and older are welcome. There will be time for tea, Christmas baking and conversation to enjoy as we make the Advent and Christmas season purposefully sacred.

A **planning committee** is meeting on **Sunday, Oct. 18** after church in the North Meeting Room (across from the sanctuary). Please bring your ideas and contact Cindy Tester at [403-276-4442](tel:403-276-4442), [testergc@gmail.com](mailto:testergc@gmail.com) to get involved.

## WOMEN'S MINISTRY

Mary & Martha Bible Study will resume with a new 3 or 4 session study structure per season. Please join us for one or more sessions as you are able – we love visitors!

### SLOW FAITH

Fall begins with a 3-session study on speed and slowness, examining how the Kingdom of God moves slowly, yet we are asked to move with ever greater speed. The author of this study, Liv Andrews, is a Lutheran pastor in Spokane, Washington who lives with her spouse and young son and dreams of hosting the first ever lectionary-based cooking show.

**Session 2 – Make Haste O Lord (October 31st)**

**Session 3 – Temp Giusto (November 28th)**



## Soon We Will Put the Garden to Sleep



The Remembering Garden continues to bloom gloriously as it has throughout the summer in spite of hot dry spells, torrential downpours, wind, and hail. We give thanks for the beauty and grace God shines on this place of Remembering and Forgiving. We pray for peace and comfort for all who came with their love to plant in memory of those they have lost.

On **Friday, September 18**, we did our final harvest of vegetables in the LCOC Community Garden and sometime before the snow we will weed, dispose of the garden debris, and tidy the plots for next year.

The location of the garden—the wide open space in full sunlight and consistent watering from the sprinkler system—is ideal for the vegetables we grow. This year's frequent changes in temperature and rainfall did not seem to slow down our crops at all. Several windstorms bent the corn and sunflowers, but we were able to point them skyward again. Two brief hailstorms caused some minor damage but again, the garden recovered beautifully.

**More simply stated: we give thanks for a bountiful harvest that we were able to share in the larger community.**

**In July, we made two deliveries to Austin Nixon Manor** first with kale, zucchini, beets and beet greens, and onions, and then again with zucchini (oh the abundance of zucchini both green and yellow!), kohlrabi, kale, beets, onions, peas, yellow beans, green beans, and early potatoes.

**Early in August** we had a variety of vegetables in the narthex so **members of our church family** could take away samples of zucchini, green beans, beets and greens, peas, yellow beans—both Romano and bush varieties—as well as carrots and kohlrabi.

**In August we went back to Austin Nixon Manor** with the same variety but with the addition of parsnips, swiss chard and cherry tomatoes.

A week later we were able to take a generous offering of every variety planted to the **Dream Centre**.

At the end of August we made a similar delivery to **Made by Momma**.

And in the final picking and digging, Kathy Bishop's school gardeners came to help and donated the crop of carrots and potatoes they'd planted in June to Austin Nixon Manor and the Dream Centre along with our additional vegetables of the day.



**The Gardening Group thanks you for encouragement and support throughout this season. We hope that those of you who have been drawn to that lush (and luscious) garden plot are already yearning to join us in the spring.**



# Message from our Bishop

Dear Sisters and Brothers in Christ –

*I thank my God every time I remember you... (Philippians 1:3).*

This year I am inviting you to reflect on portions of Paul's letter, *to all the saints in Christ Jesus who are in Philippi (1:1b)*, as you gather for church council, adult study, youth group, coffee group and are engaged in learning, discernment and reflection together. Relying heavily on the writings of Fred Craddock and of David Lose, each article will include a brief reflection on a Scripture passage, questions for reflection and discussion, and a prayer. I encourage you, as we begin, to read Paul's letter in its entirety in one sitting; remembering as you read that this is a letter – of Paul – to a church.

*Let your gentleness be known to everyone.*  
Philippians 4:5a

"Gentleness" is one of those words I'm not completely sure what to do with.

It's not that I don't have any idea what it means; it's more that it feels like its meaning has been narrowed by our popular use of the word. We want to find a laundry detergent that is gentle on our clothing, a soap that is gentle to our skin. We want grandmas to be gentle and we sing that baby Jesus was sweet, gentle, and kind.

So what does it mean, then, for us to "*let our gentleness be known to everyone*"? I worry that when a lot of us hear this we think it means that Christians should be vanilla – you know, not causing a stir. Or worse, we take this as an invitation to be milquetoast, to be a doormat, never complaining, letting others walk all over us.

The Greek word Paul uses can certainly be translated as gentle and mild, but it can also be translated as lenient, fair, equitable, suitable, and reasonable.

That changes things a bit for me.

It's like Paul is saying, stay confident even when things are difficult. Or, be reasonable with everyone. Or, as Eugene Peterson translates it in *The Message*, "Make it as clear as you can to all you meet that you're on their side, working with them and not against them."

That makes more sense to me. That one product of our joy

in the Lord – of knowing God's grace and being able to share it with others – is a certain confidence about our life and our relationships, a reliable trust in God that allows us to be fair, to be reasonable, to be kind to others rather than imagine them as competitors or, perhaps worse, as a means to an end.

That strikes me, in fact, as a potentially strong witness to what it means to be a Christian: to so trust God with our lives and future what we can be fair, be reasonable, be on side of those around us. Why? Because God has promised us the future, which frees us to spend ourselves generously and confidently in the present.

**Read and Reflect:** Philippians 4:5a

**Discuss and Reflect:**

What in this reading leads you to say, "I wonder about..." or, "I noticed..."

Comment on the following: *The Greek word Paul uses can certainly be translated as gentle and mild, but it can also be translated as lenient, fair, equitable, suitable, and reasonable.*

Comment on the following: *...as Eugene Peterson translates it in The Message, "Make it as clear as you can to all you meet that you're on their side, working with them and not against them."*

Share what it means to you that: *God has promised us the future, which frees us to spend ourselves generously and confidently in the present.*

**Pray together:** *Gracious God, so root us in trust in you that we worry less about ourselves and our future and instead give ourselves to serving others. Amen.*

*The grace of the Lord Jesus Christ be with your spirit. Amen (Philippians 4:23).*

*The God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit (Romans 15:13).*

In Christ Jesus –  
Shalom,  
+Larry

The Rev. Dr. Larry Kochendorfer, Bishop  
Synod of Alberta and the Territories



## Take a Walk with God!

### Labyrinth Walk—6:30pm, Thursday, Oct. 29th



The *labyrinth* is a prayer tool that has been used by Christians for hundreds of years. People find that it is very helpful to create a “space” to talk to and listen to God. On the last Thursday of each month, people interested in walking the labyrinth gather at the church around 6:30pm and then carpool to one of the many labyrinths located at churches around Calgary. Call Pastor Laura for more info or



#### Coming in November

All Saints

Sunday

**November 1st**



Please submit names to the church office of ‘loved ones’ that have died in the last year (since November 2014). Names need to be to Dianne **before** October 28th.

#### Living Well With the Land

*Touch the earth lightly.....*

2015 Conference Convention

**Saturday, October 24 @**

Lutheran Church of the Cross

delegates needed

*talk to one of the Pastors or Gwen Baker  
if you would like to attend.*

# Around Town

Christian Pastoral Caregivers Association

Invites you to attend our  
**Fall Education Event**  
 Monday October 19<sup>th</sup>  
 at Carewest Colonel Belcher (4039 Veterans Way NW)  
 Registration begins at 6:30 pm and the events starts at 7:00 pm

**The Traffic Lights of Dementia Visiting.**

 What is Dementia?  
 How do you approach and visit someone with dementia?

 How do you keep them spiritually engaged in activities?  
 What are some ways to redirect the client?

 How can you tell if the client is losing interest?  
 How do you know when to end the visit?

This will be a panel discussion with representation from a family caregiver, a professional caregiver and a volunteer

Refreshments will be provided  
 The venue is wheelchair accessible.  
 For information or to register, contact  
 Heather Templeton at [cpca.eduandevents@gmail.com](mailto:cpca.eduandevents@gmail.com)  
 or call 403-616-2352  
 Cost: \$15.00






**Come and join our Drum Circle**

Saturday October 17<sup>th</sup> 7:00 pm

Lead by Jamie Gore from Spirits of Rhythm

No experience necessary!

Advent Lutheran Church

Corner of Nosehill Dr & Scenic Acres Gate NW

Cost \$20 per person  
 To register email  
[terrie@adventlutheran.ca](mailto:terrie@adventlutheran.ca)  
 403 259 6966

*"Community Drum Circles are being incorporated into the workplace developing team building, leadership, and stress relief; into the healing sector for emotional, physical, and spiritual well being; and into the community for fun and celebration. Simply put Drum Circles are a tool for personal and professional transformation"*  
 Judy Atkins - Circle of Rhythm

**Lutheran Hospital Ministries**

**Visitor Training**

There will be an introductory session for those interested in being a trained Visitor in our area hospitals and care centres on **Saturday, October 3, 2015**. Location and time: St. Matthew Lutheran Church 66-7th St. NE Calgary from 10 a.m. to 2 p.m. Bring a bag lunch. Contact Pastor Mark Lobitz for more information at 403-637-2650 and [mclobitz@gmail.com](mailto:mclobitz@gmail.com). There is no



**YOU'RE INVITED**

 to join us in  
**— Celebration —**  
 of your contribution to the  
**CALGARY FOOD BANK**

**Date:** Wednesday, October 21, 2015  
**Time:** 4:30 p.m. to 6 p.m.  
**Location:** Calgary Food Bank,  
 5000 11 Street SE

Parking is available on 12A Street SE. Please use the Administration entrance at the NE end of the building.

**CALGARY FOOD BANK**

**PROGRAM**

- Refreshments & Reception
- Speaker: Dave Dormer, Calgary Sun
- Tour (optional)

**PLEASE RSVP NUMBERS BY:  
 WEDNESDAY, OCT. 7, 2015**

Christina Arnold — 403-319-0833 — [carnold@calgaryfoodbank.com](mailto:carnold@calgaryfoodbank.com)

*Thank you! We look forward to seeing you!*

# Around Town

## Abiding in Right Relations: *Laying the Foundation*

Airdrie, Alberta

Fri. evening Nov. 20 through Sat. afternoon Nov. 21, 2015

**A unique cross-border opportunity for Lutherans, Anglicans, Episcopalians and Indigenous and non-Indigenous Peoples from Montana, Alberta and the Territories to worship together and plan next steps as we determine what it means to abide in right relations.**

### Highlights

- Truth & Reconciliation Commission's "Calls to Action"
- Repudiation of the "Doctrine of Discovery"
- United Nations Declaration on the Rights of Indigenous People (UNDRIP)
- Where is God in all this?

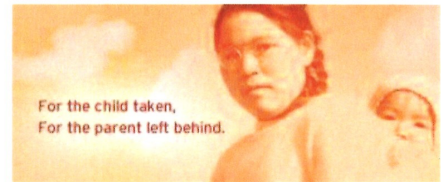
*The Rev. Margaret Water Chief (ACC) – Elder*

### Resource People

- **KAIROS - Jennifer Henry** (Toronto) & **Ed Bianchi** (Ottawa)
- **The Ven. Sid Black** (Archdeacon, Anglican Diocese of Calgary & ACIP)
- **The Rt. Rev. C. Franklin Brookhart** (Bishop, Episcopal Diocese of Montana)
- **Bishop Jessica Crist** (ELCA, Montana Synod)
- **The Most Rev. Greg Kerr-Wilson** (Bishop, Anglican Diocese of Rupert's Land)
- **Bishop Larry Kochendorfer** (ELCIC, Synod of Alberta & Territories)
- **The Rev. Gordon Straw** (ELCA, American Indian and Alaska Native Ministries)



Listen, Understand, Act Image: Steven Shorrocks



Truth & Reconciliation Commission Image: Netta Lind



H. J. Woodside. Library and Archives Canada, PA-123707/

Registration & Information:  
Synod of Alberta and the Territories  
Evangelical Lutheran Church in Canada  
1.866.430.2636 (toll free)  
780.439.2636  
[www.albertasynod.ca](http://www.albertasynod.ca)



The Episcopal Diocese of Montana



The Anglican Diocese of Calgary

# October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Cause of the Month</b> Bethany Care			<b>Communion</b> Oct. 4, Oct. 18, Oct. 25			
				<b>1</b>	<b>2</b>	<b>3</b>
				Soup Sisters—9:30 am FACE—3—8 pm Wedding rehearsal—4 pm E.A.—7 pm Choir—7:15 pm	<b>OFFICE CLOSED</b> FACE—3—8 pm Wedding—3:30 pm SWCG—7 pm Youth Event	Men's Breakfast—8 am FACE—9 am—3 pm Knitting for Peace—10:30 am Cantare/Spiritus rehearsal—12—5 pm
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Adult S.S.—9 am Worship—10 am BLAST - following worship SWCG—1—3 pm	Morning Prayer—9 am Kodaly—9:15 am Staff Mtg.—10:15 am Youth Band—4:30 p m	Morning Prayer—9 am FACE—3—8 pm Faith Formation—7 pm Faith Journey—7 pm	Sandwich Making—7:30 am Morning Prayer—9 am Bible Study—9:30 am AHS Caregivers—1 pm FACE—3—8 pm	Morning Prayer—9 am FACE—3—8 pm Kodaly—1:15—4:15 E.A.—7 pm Choir—7:15 pm	<b>OFFICE CLOSED</b> FACE—3—8 pm SWCG—7 pm	NO FACE
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Adult S.S.—9 am Worship—10 am Faith Journey—after worship BLAST following worship SWCG—1—3 pm	<b>Office Closed— Thanksgiving Day</b>	Morning Prayer—9 am Prayer & Care—10:30 am FACE—3—8 pm Faith Formation—7 pm Faith Journey—7 pm	Morning Prayer—9 am Bible Study—9:30 am FACE—3—8 pm SWCG—7 pm Council Mtg.—7 pm	Morning Prayer—9 am FACE—3—8 pm Kodaly—1:15—4:15 E.A.—7 pm Choir—7:15 pm	<b>OFFICE CLOSED</b> FACE—3—8 pm SWCG—7 pm	Men's Breakfast—8 am FACE—9 am—3 pm
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Adult S.S.—9 am Worship—10 am BLAST—following worship Faith Journey—after worship Ladies Advent Tea planning Mtg.—following worship SWCG—1—3 pm	Morning Prayer—9 am Kodaly—9:15 am Staff Mtg.—10:15 am Youth Band—4:30 p m SW United rental-6:30—8:30	Morning Prayer—9 am FACE—3—8 pm Faith Formation—7 pm Faith Journey—7 pm	Morning Prayer—9 am Bible Study—9:30 am FACE—3—8 pm SWCG—7 pm	Morning Prayer—9 am FACE—3—8 pm Kodaly—1:15—4:15 E.A.—7 pm Choir—7:15 pm	<b>OFFICE CLOSED</b> FACE—3—8 pm SWCG—7 pm	FACE—9 am—3 pm <b>Southwestern Conference Convention—8 am—4:30 pm</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Adult S.S.—9 am Worship—10 am Faith Journey—after worship Ministry Fair BLAST Showcase SWCG—1—4 pm <b>FOOD BANK SUNDAY</b>	Morning Prayer—9 am Kodaly—9:15 am Staff Mtg.—10:15 am Youth Band—4:30 p m	Morning Prayer—9 am FACE—3—8 pm Prayer & Care—5:30 pm Faith Formation—7 pm Mentor Night for Confirmants Faith Journey—7 pm	Morning Prayer—9 am Bible Study—9:30 am FACE—3—8 pm SWCG—7 pm	Morning Prayer—9 am FACE—3—8 pm Kodaly—1:15—4:15 Labyrinth Walk—6:30 pm E.A.—7 pm Choir—7:15 pm	<b>OFFICE CLOSED</b> FACE—3—8 pm Youth Halloween Party—7 pm SWCG—7 pm	FACE—9 am—3 pm M & M—10 am